



CAPITAL ALLERGY & RESPIRATORY DISEASE CENTER
A MEDICAL CORPORATION

ABOUT YOUR ALLERGY SHOTS

You are being treated with materials to which you have been proven to be allergic. A mild reaction may occur with each injection. This mild reaction may include: mild itching, slight redness and warmth, and tenderness that may last several hours to a day or so. More serious reactions including hives and breathing difficulties can occur if you receive an injection when you are not feeling well. Most often these serious reactions occur within the first 20 minutes after an injection. THEREFORE, IT IS IMPERATIVE THAT YOU WAIT IN THE OFFICE 20-30 MINUTES AFTER YOUR ALLERGY SHOT. The dosage on your allergy shots is increased each week while we are building you through the desensitization process.

TO BE CERTAIN THAT YOUR INJECTIONS ARE COMPLETELY SAFE FOR YOU:

- A. They should be given in a doctor's office capable of treating a reaction should it occur. You will receive a supply of color coded vials with instructions. Care must be taken to ensure that the proper dose is given at each visit.
- B. You should wait for at least 20-30 minutes after your injection. If no reaction occurs by that time, it may be safely concluded that no serious one is likely. If a reaction occurs it can most often be immediately treated in the doctors office.

You should report any reaction, local or generalized, before you receive your next shot. Localized swelling of 25c size or larger is beyond our acceptable parameters. It indicates your next dose on your allergy shots must be adjusted.

About Your Allergy Shots

Late reactions may occur within an hour to 24 hours following your allergy injections. This is just as important as an immediate reaction. Again, localized swelling 25c size or larger should be reported. Any systemic symptoms such as coughing, wheezing, hives, increased sneezing or headaches must be reported. If you are having difficulty breathing it is important that you return to a medical facility immediately. There are several ways to modify these reactions: TELL US ABOUT THEM the next time you visit for a shot. Most of the time allergy shots are given once or twice a week in increasing doses until a maintenance dose is reached (usually 20 weeks). This schedule will be adjusted to meet your individual needs if problems with reactions arise. You will be told by the nurse when you reach your maintenance level. At that time you will be scheduled for a check-up and your shots will be given once every two weeks to four



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weeks. At the end of your first year on allergy shots you will be reevaluated and a decision will be made as to how long you will continue monthly shots.

*****REMEMBER***** Please attempt to come at 4 to 7 day intervals for shots. You must come for an allergy shot at least every 12 days in order to advance your dosage. If you miss more than 12 days, your last dose must be repeated. If longer than 3 months elapses, an appointment should be made before the next shots.

Don't get a shot when you are actively wheezing or sick but do call us if this occurs.

Shots take a minimum of 30 minutes, including waiting time afterwards. Consequently, you should allow ample time prior to our cutoff times.

You will be given a Patient Informed Consent document to sign at the beginning of your allergy shots.